



FOGSI Endocrinology Committee Algorithm for Clinical Evaluation & Management of Adult Female Acne

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Acne, also termed Acne Vulgaris, is a disease involving the pilosebaceous unit that presents with noninflammatory lesions (open and closed comedones), inflammatory lesions (papules, pustules and nodules), and varying degrees of scarring.

Acne is associated with a broad range of potential harms including symptomatic discomfort, scarring, emotional stress, psychosocial distress, occupational impact and potential psychiatric interference such as depression and suicide.

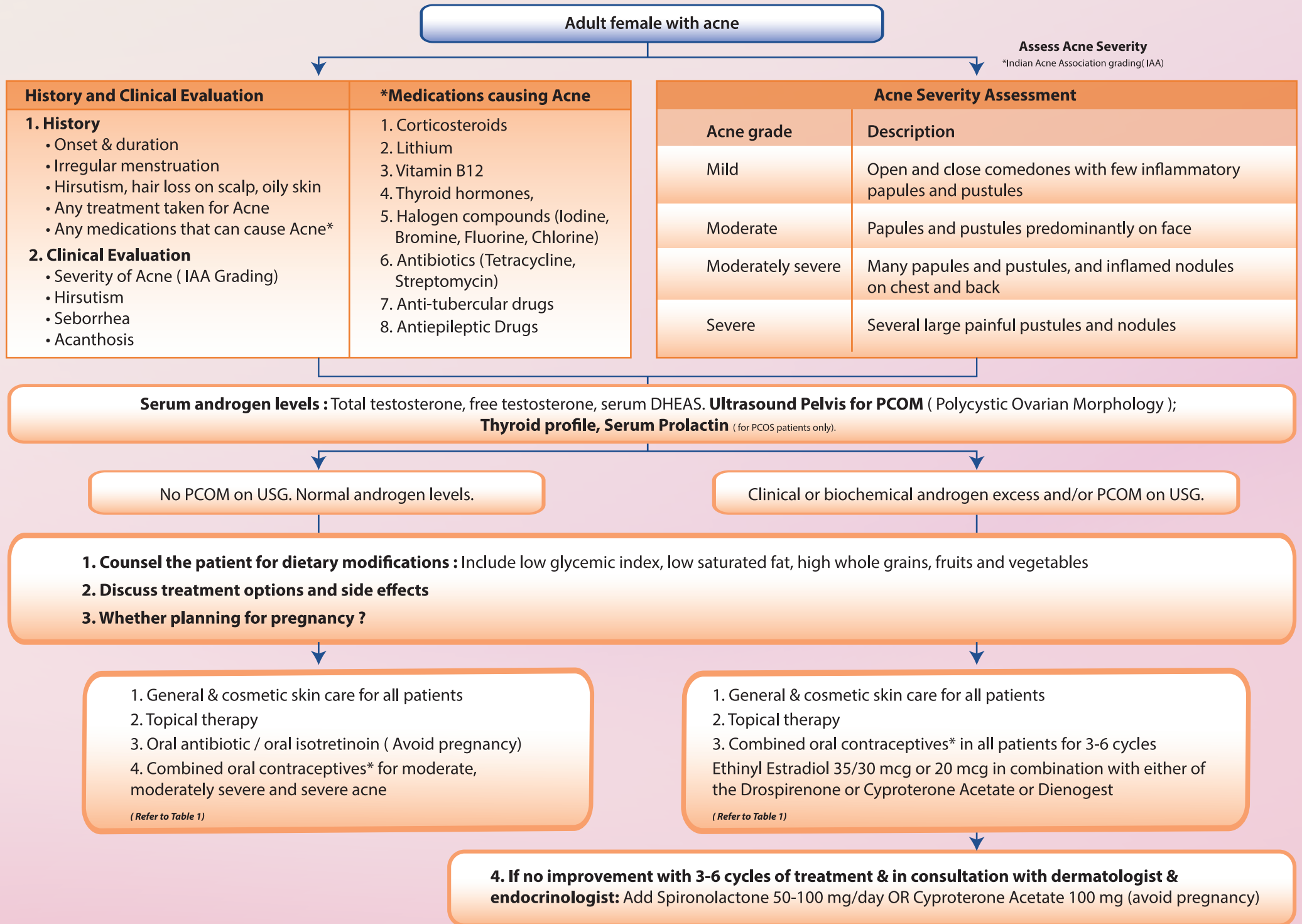


Table 1: Severity based treatment modality

General advice for skin care	Gentle soap-free pH balanced cleanser or Benzoyl Peroxide cleanser or acne specific cleanser and/or sunscreen
Procedures in Acne Management	Chemical Peels, Laser, Micro needling, Platelet Rich Plasma (Refer to a Dermatologist)
Mild	Combined topical therapy only (Any 2 of 3) <ul style="list-style-type: none"> Benzyl Peroxide 2.5% to 10 % and/or Topical Adapalene 0.1% and/or Topical antibiotic 2 % Erythromycin / 1% Clindamycin
Moderate	Combination of topical & systemic oral therapy <ul style="list-style-type: none"> Benzyl Peroxide 2.5% to 10 % and/or topical Adapalene 0.1% Oral Doxycycline 50-100 mg daily or oral Azithromycin 500 mg once daily for 3 days per week or in cycles of 10 days for 12 weeks Oral Isotretinoin 0.5 mg/kg for 4 weeks followed by 1mg/kg (Avoid pregnancy) Combined oral contraceptives* (as below)
Moderately severe or severe <small>(Refer to a Dermatologist)</small>	Combination of topical & systemic oral therapy <ul style="list-style-type: none"> Oral Isotretinoin 0.5 mg/kg for 4 weeks followed by 1mg/kg (Avoid pregnancy) Oral Doxycycline 50-100 mg daily or oral Azithromycin 500 mg once daily for 3 days per week or in cycles of 10 days for 12 weeks Combined oral contraceptives*Ethinyl Estradiol 35/30 mcg or 20 mcg in combination with either of the following progestins Drospirenone, Cyproterone Acetate or Dienogest in a 21/7 regimen (20 mcg EE/DRSP in 24/4 regimen)

* Rule out contraindications to COCs #Acne may be outside the health authority approved indication for oral combined estrogen progestin combinations in India
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